



# NAV AIR LAKEHURST



## SAFETY AND HEALTH NEWSLETTER

AUGUST 2002

NAES LAKEHURST PUBLIC SAFETY DEPARTMENT

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# STRESS RELIEF

Stress is a part of every person's life. Life without stress can be dull and uneventful. However, life with too much stress can be debilitating. Learning to manage stress is vital to your well-being. Here are some valuable hints:

### Checklist to Reduce Stress in Your Life

- ⇒ Develop a realistic, positive attitude.
- ⇒ Don't use drugs, alcohol or tobacco to reduce stress. Tranquilizers and sleeping pills should only be used under a doctor's care.
- ⇒ Talk things out. Don't hold in feelings of anger, joy, hurt, sadness, excitement.
- ⇒ Use on-the-job refreshers: i.e., relaxation exercises and stretches.
- ⇒ Learn to unwind with music, exercise, meditation, or visual imagery.
- ⇒ Realize that every crisis gives you the opportunity to grow and learn.
- ⇒ Develop a support network of friends and relatives you can count on to help you out.
- ⇒ Work at managing time efficiently.
- ⇒ Get enough rest and sleep.



If stress is a problem in your life, make reducing it one of your goals. But recognize that you don't have to do it alone. Seek counseling or see your doctor if stress interferes with your life at home and/or at work.

If you have any questions or need or would like an evaluation of your work area, please contact Tom Skirzynski at the Safety Office X2525.



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Do you have any safety related topics you would like to see in our publication or have any questions we can help with? Contact us at X2525.

# HOME Electrical Safety

Checks you can make in your home today to help make it more electrically safe.

## OUTLETS

⚡ Check for outlets that have loose-fitting plugs, which can overheat and lead to fire. Replace any missing or broken wall plates. Make sure there are safety covers on all unused outlets that are accessible to children.

## CORDS

⚡ Make sure cords are in good conditions, not frayed or cracked. Make sure they are placed out of traffic areas. Cords should never be nailed or stapled to the wall, baseboard or to another object. Do not place cords under carpets or rugs or rest any furniture on them.

## EXTENSION CORDS

⚡ Check to see that cords are not overloaded. Additionally, extension cords should only be used on a temporary basis; they are not intended as permanent household wiring. Make sure extension cords have safety closures to help prevent young children from shock hazards and mouth burn injuries.

## PLUGS

⚡ Make sure your plugs fit your outlets. Never remove the ground pin (the third prong) to make a three-prong fit a two-conductor outlet; this could lead to an electrical shock. **NEVER FORCE A PLUG INTO AN OUTLET IF IT DOESN'T FIT.** Plugs should fit securely into outlets. Avoid overloading outlets with too many appliances.

## GROUND FAULT CIRCUIT INTERRUPTERS (GFCIS)

⚡ GFCIs can help prevent electrocution. They should be used in any area where water and electricity may come into contact. When a GFCI senses current leakage in an electrical circuit, it assumes a ground fault has occurred. It then interrupts power fast enough to help prevent serious injury from electrical shock. Test GFCIs regularly according to the manufacturer's instructions to make sure they are working properly.

## LIGHT BULBS

⚡ Check the wattage of all bulbs in light fixtures to make sure they are the correct wattage for the size of the fixture. Replace bulbs that have higher wattage than recommended; if you don't know the correct wattage, check with the manufacturer of the fixture. Make sure bulbs are screwed in securely; loose bulbs may overheat.

## CIRCUIT BREAKERS/FUSES

⚡ Circuit Breakers and fuses should be the correct size current rating for their circuit. If you do not know the correct size, have an electrician identify and label the size to be used. Always replace a fuse with the same size fuse.

## WATER AND ELECTRICITY DON'T MIX

⚡ Don't leave plugged in appliances where they might fall in contact with water. If a plugged-in appliance falls into water, **NEVER** reach in to pull it out - even if it's turned off. First turn off the power source at the panelboard and then unplug the appliance. If you have an appliance that has gotten wet, don't use it until it has been checked by a qualified repair person.

## APPLIANCES

⚡ If an appliance repeatedly blows a fuse, trips a circuit breaker or if it has given you a shock, unplug it and have it repaired or replaced.

## OUTDOOR SAFETY

⚡ Electric-powered mowers and other tools should not be used in the rain, on wet grass or in wet conditions. Inspect power tools and electric lawn mowers before each use for frayed power cords, broken plugs and cracked or broken housings. If damaged, stop using it immediately. Repair it or replace it. Always use an extension cord marked for outdoor use and rated for the power needs of your tools.

## LIGHTING

⚡ During an electrical storm, do not use appliances (i.e., hairdryers, toasters and radios) or telephones (except in an emergency); do not take a bath or shower; keep batteries on hand for flashlights and radios in case of a power outage; and use surge protectors on electronic devices and appliances.

# HURRICANE AWARENESS PART III

By Martin V. Galler  
Chief Fire Inspector

During a hurricane, homes may be damaged or destroyed by high winds and high waves. Debris can break windows and doors, allowing high winds inside your home.

You may need to make some improvements or install temporary wind protection. It is important that you do these projects now, before a hurricane threatens.

While these projects, if done correctly, can make your home safer during a hurricane, there is no guarantee that your home won't be damaged or even destroyed. If you are told by authorities to evacuate, do so immediately, even if you have taken these precautions.

## The Roof

During a windstorm, the force of the wind pushes against the outside of your home. That force is passed along from your roof to the exterior walls and finally to the foundation. Homes can be damaged or destroyed when the energy from the wind is not properly transferred to the ground.

The first thing you should do is determine what type of roof you have. Homes with gabled roofs are more likely to suffer damage during a hurricane. A gabled roof looks like an A on the ends, with the outside wall going to the top of the roof (see figure 1).

In most homes, gabled roofs are built using manufactured trusses. Sheets of roof sheathing, often plywood, are fastened to the trusses with nails or staples, and roofing material is fastened to the sheathing. In many cases, the only thing holding the trusses in place is the plywood on top. This may not be enough to hold the roof in place during a hurricane. Installing additional truss bracing makes your roof's truss system much stronger.

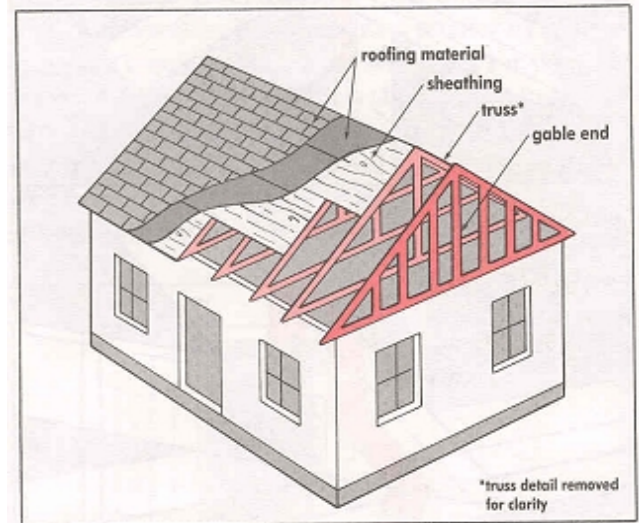


Figure 1. Gabled Roof

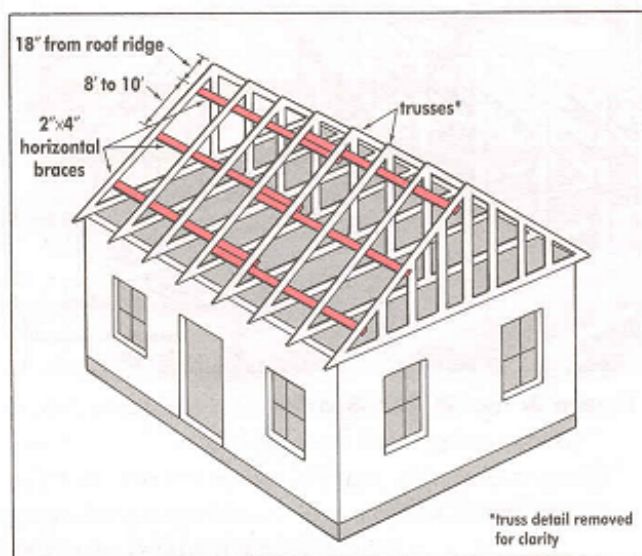


Figure 2. Truss Bracing

each truss. Because space in attics is generally limited, screws may be easier to install.

To inspect your roof's bracing, go into the attic. If your attic does not have a floor, be careful to walk only on the wood joists, or install boards wide enough to walk on as you work. Notice how the plywood is attached to the truss system. If most of the large nails or staples coming through the sheathing have missed the trusses, consider having the sheathing properly installed.

## Truss Bracing

In gabled roofs, truss bracing usually consists of 2x4s that run the length of the roof. If you do not have truss bracing, it should be installed. You can do this yourself or hire a professional. Install 2x4s the length of your roof, overlapping the ends of the 2x4s across two trusses (see figure 2). Braces should be installed 18 inches from the ridge, in the center span, and at the base, with 8 to 10 feet between the braces. Use two 3-inch, 14 gauge wood screws or two 16d (16 penny) galvanized common nails at each truss.

Remember, if you decide to do the work yourself in your attic, you should wear clothing that covers your skin, work gloves, a hat, eye protection, and dust mask.



## FROM THE POLICE DESK.... by Sgt. Joe Lima X4041

### CHILD SAFETY IN AMUSEMENT OR THEME PARKS

Family outings are occasions that can be wonderful times for bonding and spending quality time together, and family outings to amusement and theme parks can be special times that leave children with lifelong memories of “meeting” their favorite cartoon character or their own “real-life” action adventure. It’s a “family-favorite” vacation that is enjoyed by millions each year. In fact, nearly 161 million people visited the nation’s theme parks in 1997, and that number is expected to rise to more than 182 million parkgoers by 2010.

As a parent, you know that such outings can also be sources of stress and concern for family members visiting an area with so many new sights and sounds. It’s easy for both adults and children to become distracted by all the excitement and attractions. Taking the time to plan your trip and including your children in that process will help make your outing in the park a more enjoyable one from start to finish. Here are a few steps that you and your children can take to help ensure those happy memories.

Before going to the park, tell your children:

- ➔ To enjoy their outing while paying careful attention to where they are and who they are with at all times.
- ➔ They should not be alone in the park or become isolated with anyone. Tell them not to accept any prizes, or gifts from anyone until they have checked first with you. Children should also be cautioned not to engage in conversation with or offer assistance to anyone until they have checked with you first.
- ➔ To tell you if anyone approaches them or makes them feel uncomfortable. Tell your children that if they are approached by anyone who tries to take them away to yell, “This person is not my father or mother.”
- ➔ If you become separated while in the park to go to the closest “Help/Information Center” to ask the people there to “find my parents and bring them to me here at this center” or, in the case of older children, make the “Help/Information Center” the spot where you can “meet up” Make sure your children understand that they should never search for you on their own or look for you outside the park, especially in the parking lot.

That these rules also apply when they are taking part in a field trip through their school or youth group. And if you are not joining them for the trip, they need to check first with and tell the responsible adult in charge or a designated chaperone if anything is wrong.

As a parent you should:

- ➔ Get information about the park prior to your trip, and review the park guidelines.
- ➔ Discuss the information as a family, including what to do if you become separated.
- ➔ Ask your children what they would do in certain situations, and practice appropriate actions.
- ➔ Get a map of the park immediately upon arriving, identify the “Help/Information Center”, and reinforce the idea that these are the places for children to go to in case you become separated in the park.
- ➔ Making a plan beforehand, of what to do in case you are separated, should greatly speed a reunion.
- ➔ Talk to your children about who can help them if they become lost, need assistance, or are in trouble. Examples of these people may be park personnel with nametags or mothers with children. Children should never go off alone with anyone.
- ➔ Not allow your children to wear clothing or carry items on which their names are displayed. Make sure that your children carry some form of identification and family/emergency contact information in case they become separated from you or need assistance.
- ➔ Consider dressing your children in or asking them to wear brightly colored clothes so that they may be more easily spotted in the park.
- ➔ Accompany young children on rides in the park. Older children should stay in groups and take a friend with them wherever they go in the park. If you decide to let young children go on rides without you, wait with them in line, watch them enter the ride, and immediately meet them when they exit the ride. Always accompany younger children to restrooms in the park.
- ➔ Older children should not go to the restroom alone. Immediately report any suspicious or inappropriate behavior to authorities.
- ➔ Make certain that your children have change to use the telephone. If you have a cellular telephone or pager, make certain your children know those numbers and that these devices are activated so your children may call you if they become lost.
- ➔ Immediately report your children as being missing if you become separated in the park, and be prepared to give an accurate and detailed description of what your children are wearing.

## CPSC, Hilton Hotels Corporation Announce Recall of Vacation Station™ Children's Cooler/Chairs



WASHINGTON, D.C. - In cooperation with the U.S. Consumer Product Safety Commission (CPSC), Hilton Hotels Corporation, of Beverly Hills, Calif., is voluntarily recalling about 27,000 Vacation Station™ children's cooler/chairs. When the chair collapses the folding mechanism can pose a crushing, cutting or severing hazard to consumers' fingers.

CPSC and Hilton Hotels are aware of one report in which part of a 2-year-old boy's fingertip was severed when the chair collapsed.

The recalled product is a multi-use product that can be used as both a child's chair or a food/beverage storage cooler. The cooler/chairs were given to hotel guests as a welcoming gift at participating Hilton®, Doubletree®, and Hilton Garden Inn® hotels and resorts. The chairs have either a purple aluminum frame with a purple fabric seat and green cooler bag, or a green aluminum frame with a green fabric seat and a blue cooler bag. Vacation Station™ is printed on the front of the cooler bag. The chairs were made in Hong Kong and imported into the U.S. by Promotional Partners Group Limited of Hong Kong.

Participating Hilton®, Doubletree®, and Hilton Garden Inn® hotels and resorts nationwide distributed the cooler chairs between May 2002 and June 2002 for free to hotel guests with children.

Consumers should stop using the recalled cooler/chairs immediately and contact Hilton Hotels for information on returning the cooler/chairs and receiving a free replacement item. Contact Hilton Hotels toll-free at (877) 221-2424 between 9 a.m. and 4 p.m. PT Monday through Friday, or visit one of the participating brand web sites at [www.hilton.com/families](http://www.hilton.com/families) or [www.hiltongardeninn.com/families](http://www.hiltongardeninn.com/families).

**For more information on the current or any past recalls visit CPSC's homepage at <http://www.cpsc.gov/>**

## CPSC, The Coleman Company Announce Recall of Mosquito Traps

WASHINGTON, D.C. - In cooperation with the U.S. Consumer Product Safety Commission (CPSC), The Coleman Company Inc., of Wichita, Kan., is voluntarily recalling about 136,000 Mosquito Deleto™ Traps. The mosquito trap's propane regulator can leak propane or allow an overflow of propane gas, both of which pose a fire hazard to consumers. In addition, the fuel hose attachment sold with the Back Home™ System can become damaged and leak propane, which poses a fire hazard to consumers.

Coleman has received 28 reports of traps melting or catching on fire as a result of propane leaking, and 7 reports of damage to the propane fuel hoses. No injuries have been reported.

The recalled Mosquito Deleto™ Traps were sold as a part of the Portable System and the Back Home™ System. The traps are about 24 inches high, have a green or gray base and top, a black center, and attach to either a 1 lb. propane cylinder or a 20 lb. propane cylinder with a hose. The traps have two sets of model numbers: 2950-800 and 2950-801, which can be found on a label on the front of the trap above the words, "WARNING: For outdoor use only". The recalled Back Home™ System traps include a 5-foot rubber hose that connects to 20 lbs. propane cylinders. The Portable System and Back Home System™ mosquito traps were manufactured in the U.S.



**Portable System**



**Back Home System**

Home centers, mass merchandisers, and hardware stores sold these products from March 2002 to July 2002 for between \$170 and \$200. The products were sold nationwide, except for California.

Consumers should stop using the mosquito traps and propane hoses immediately. Consumers should contact Coleman at (800)257-5299 anytime, so that a representative can help determine whether their trap needs to be replaced, repaired, or can continue to be used. For more information, consumers can log on to the company's website at [www.coleman.com](http://www.coleman.com).

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# SEATBELTS SAVE LIVES



Studies show seatbelts do save lives and reduce injuries during crashes. Seatbelts work with air bags to protect occupants. Airbags alone are not enough to safeguard occupants. More than 2,000 unbuckled drivers and front seat passengers died on New Jersey's roadways in the past 10 years. Approximately 700 unbuckled drivers and front seat passengers were thrown out of their vehicles during crashes and killed in the past 10 years. It only takes one simple click to save lives. Below is excerpts from the OPNAV Instruction 5100.12G and the New Jersey State Statues on proper seatbelt usage while driving on Naval Bases and in the State of New Jersey.



All base personnel will follow OPNAV Instruction 5100.12G, Navy Traffic Safety Program which states:

- All persons in or on any Navy motor vehicle on or off a naval installation operating or riding in a Government Motor Vehicle (GMV) **shall** use safety belts in a proper manner.
- All persons operating or riding in any Private Motor Vehicle (PMV) on a Naval base **shall** use safety belts in a proper manner.

For a complete review of OPNAV Instruction 5100.12G, Navy Traffic Safety Program visit the following website: <http://neds.nebt.daps.mil>, then click on table 20 and it will bring you to OPNAV 5100.12G.

New Jersey Seat Belt Law: TITLE 39

- Applies to all passenger vehicles including vans, pickup trucks and SUV's that are required to be equipped with seat belts. All occupants are required to wear a properly adjusted and fastened seat belt system.
- The driver is responsible for proper seat belt use by all occupants who are under the age of 18. The driver of a passenger automobile shall secure or cause to be secured in a properly adjusted and fastened safety seat belt system, as defined by Federal Motor Vehicle Safety Standard Number 209, any passenger who is at least eight years of age but less than 18 years of age.

## IT'S THE LAW

## CLICK IT OR TICKET!!